

Is tech abuse happening to you?

It can be tech abuse if someone:

- controls your phone
- takes your phone away from you
- breaks your phone
- makes you share your phone



- controls your online accounts
- stops you using your online accounts
- uses your online accounts when you don't want them to



- shares pictures of you that you don't want people to see
- tells you they will share pictures of you that you don't want people to see unless you do what they say.



It can be tech abuse if someone watches what you do using:

- your phone
- hidden cameras
- apps.



It can be tech abuse if someone uses a computer, phone or tablet to:

- keep contacting you over and over
- say things that hurt you
- punish you
- say they will hurt you or a member of your family.



It can be tech abuse if someone uses apps or social media to:

- say things that make you feel bad
- say things that make you or your family look bad
- make threats about things they will do to you.



It can be tech abuse if someone uses tech to:

- find out where you are when you don't want them to
- find out what you are doing when you don't want them to
- follow you.



If tech abuse is happening to you, talk to your support worker.



You can get more information from the website.
www.techsafety.org.au